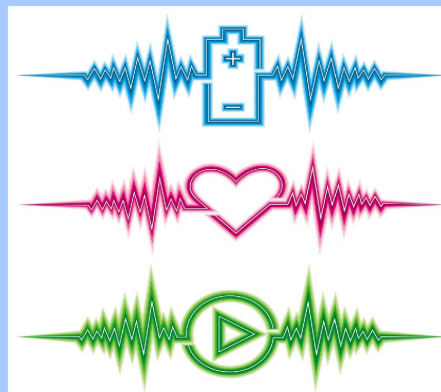


# FREE Classes for You!

re: charge

re:juvenate

re: engage



## April Schedule

Spring is here...

*It's time to recharge, rejuvenate and re-engage yourself!!*

Monday, April 20

**Computer Security: Home & Office**

New Horizons

9:00 - 11:00 or 1:00 - 3:00

Wallace Auditorium

Friday, April 24

**How to Get Along in Cubicle Land**

Carol Tripp of Merit Resources

11:00 - 12:00

Hoover Building, 3rd Floor, Room 329 & 330

**Registration Required**

**(Contact PDS at 515-281-5456)**

Tuesday, April 21

**Science of Stress Management &  
The Art of Rebooting Optimism**

Richard Stanley of Training Evolution

2:00 - 3:00 or 3:30 - 4:30

Wallace Auditorium

Wednesday, April 29

**Financial Management  
Through the Ages**

Members Financial Solutions

11:00 - 12:00 or 12:30 - 1:30

Wallace Auditorium

Thursday, April 23

**Family Caregiving:  
The Rewards....And Challenges**

Department of Elder Affairs

11:30 - 12:30

Wallace Auditorium

Thursday, April 30

**My Plan After 50®**

Wisdom Worker Solutions

11:30 - 12:30

Wallace Auditorium

**\* Registration not required except where noted.**

Questions or More Information?

Check out or website: at:

**<http://learnatpds.iowa.gov>**

or contact Judy Akre at PDS

(515) 281-6383 Email: [pds@iowa.gov](mailto:pds@iowa.gov)

